**Syllabus**

**Teacher: Megan Goodrow  
Office: 307 Education Center  
Office Phone: 778-0000  
Office Hours: Tuesdays and Thursday 8-9:30 am**  
**E-mail:megan.goodrow@maine.edu**

|  |
| --- |
| **Summary of Unit** |
| Students will understand that there are differences between the health of a tobacco user compared to the health of a non-tobacco user. Students will understand that drug use can affect an individual’s health and also their friends and family. Students will understand that alcoholism affects others around him/her. Students will understand that it is important to have a balanced diet. Students will understand that physical activity plays a huge role in maintaining a healthy lifestyle. Students will understand that it is important to have a physically active lifestyle, a balanced diet, and to make healthy choices.  **Established Goals**  *Maine Learning Results: Health Education and Physical Education-C. Health Promotion and Risk Reduction C1. Health Practices and Behaviors Grades 6-8 Students demonstrate a healthy practice and/or behavior to maintain or improve their own health in each of the following areas: personal hygiene, healthy eating; physical activity; and tobacco, alcohol, and other drug use prevention.*  **Understandings**  ***Students will understand…***  •Diet and nutrition play a huge role in leading a healthy lifestyle. •The use of alcohol/tobacco/drugs will have a negative impact on an individual's health. •The importance of leading a physically active lifestyle.  **Essential Questions**  •How does the food pyramid relate to leading a healthy lifestyle through diet and nutrition? •How does the use of substances affect your body physically and emotionally as well as others surrounding you? •Why does leading a physically active lifestyle improve your overall health?  ***Students will know…***  •Vocabulary-food pyramid, heart disease, metabolism, calorie, BMI, BMR, use, misuse, abuse, addiction •Critical details-physically active lifestyle helps with daily performance, tobacco/alcohol/drug use can lead to disease •Key factual information-types of chronic diseases, how genetics play a role in an individual's health  ***Students will be able to…***  •Demonstrate a possible nutrition plan that could be followed. •Tell a story about how alcoholism and drug addiction affect an individual's friends and family. •Design a workout plan for a mock individual. •Compare and contrast the health of a tobacco user's health and a non-tobacco user's health. •Role play how the excessive use of alcohol affects others around him/her (the alcoholic). •Recognize the benefits of leading an overall healthy lifestyle.  **Performance Task Overview**  Goal: Create a workout plan for a mock celebrity that has just been offered a role in a new movie. Role: A physical trainer in Hollywood. Audience: The directors and producers of the new movie. Situation: Your client needs to reach a specific weight and maybe even drop some bad habits by a certain date. Product/Presentation: A wiki page that describes why the student chose the workout and diet that they did. This wiki page will also have the workout explained with some graphics for better understanding and also the diet plan. If the students feel more comfortable with showing the workout that they have chosen, they have the option of making an iMovie.  **Expectations**  Students are expected to be in class everyday on time. It is important to have participation from all of the students to help guide our discussion in each class. In an emergency situation, if a student is unable to make it to class, I need to be notified by an email or phone call before the class they will not be attending. If classes are cancelled for any reason they will be rescheduled for the same week and if there are any changes with the time or location, all students will be notified.  **Benchmarks**-The grades will be based on the percent of points earned from the total points of 350.  *Attendance and Participation-*50 points  *Podcas****t***-50 points  *Wiki pages****-*** 150 points (50 points each)  *iMovies-* 100 points (50 points each)  **Grading Scale**  A (93-100), A- (90-92), B+ (87-89), B (83-86), B- (80-82), C+ (77-79), C (73-76), C- (70-72), D+ (67-69), D (63-66), D- (60-62), F (0-59). | |